



Sweet Potato Soufflé

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



667 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup coconut or shredded
- ☐ 2 eggs
- ☐ 0.5 cup evaporated milk
- ☐ 1 juice of lemon grated
- ☐ 8 servings marshmallows miniature
- ☐ 0.5 teaspoon nutmeg

- ☐ 0.5 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 1.5 cups sugar
- ☐ 4 pounds sweet potatoes and into sliced

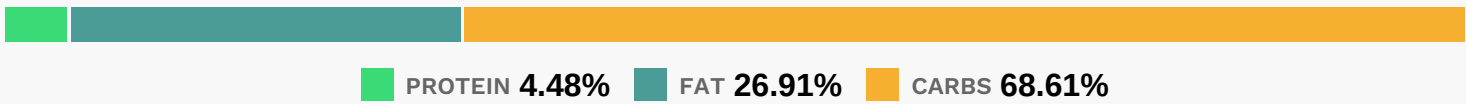
Equipment

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Place the potatoes in a pot and add enough salted water to cover. Cook until tender.
- ☐ Drain. Preheat the oven to 350°F. Mash and whip the potatoes.
- ☐ Add the remaining ingredients (except marshmallows) and mix well.
- ☐ Pour into a greased casserole dish.
- ☐ Bake for 30 minutes.
- ☐ Remove from the oven and cover with marshmallows. Return to the oven and continue cooking until brown.
- ☐ Mrs. Wilkes' Boardinghouse Cookbook
- ☐ Ten Speed Press

Nutrition Facts



Properties

Glycemic Index:42.8, Glycemic Load:67.34, Inflammation Score:-10, Nutrition Score:19.425652270732%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg

Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 667.21kcal (33.36%), Fat: 20.64g (31.75%), Saturated Fat: 5.45g (34.07%), Carbohydrates: 118.4g (39.47%),
Net Carbohydrates: 109.74g (39.91%), Sugar: 66.52g (73.91%), Cholesterol: 45.49mg (15.16%), Sodium: 318.82mg
(13.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin A: 32784.64IU (655.69%),
Manganese: 1.02mg (51.24%), Fiber: 8.66g (34.63%), Potassium: 960.75mg (27.45%), Vitamin B6: 0.54mg (26.95%),
Copper: 0.52mg (25.89%), Vitamin B5: 2.18mg (21.8%), Phosphorus: 197.97mg (19.8%), Magnesium: 75.92mg
(18.98%), Vitamin B1: 0.25mg (16.68%), Vitamin B2: 0.28mg (16.36%), Calcium: 130.55mg (13.06%), Iron: 2.24mg
(12.44%), Vitamin C: 7.96mg (9.65%), Selenium: 6.66µg (9.52%), Zinc: 1.35mg (8.97%), Folate: 35.74µg (8.94%),
Vitamin E: 1.29mg (8.57%), Vitamin B3: 1.54mg (7.72%), Vitamin K: 4.5µg (4.28%), Vitamin B12: 0.14µg (2.29%),
Vitamin D: 0.24µg (1.57%)